

## **Sternal Positional Swiss Ball Stretch**



1. Sit on a ball of appropriate size.
2. Place your hands on the tops of your thighs, bend your knees at a 90-degree angle, and place your feet shoulder width apart.
3. Keeping your back rounded and your feet stationary, slowly begin to roll back onto the ball.
4. Continue rolling back onto the ball until your shoulders are supported.
5. Move your hips up towards the ceiling by tightening your glutes.
6. In this position bring both of your arms out to the sides and let them hang. You should feel a stretch across your chest.
7. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
8. Bring your arms back to your side and slowly begin to sit upright by rolling from your head to your hips up.
9. Relax and repeat 4 more times.